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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Sedgwick County Department on Aging Offers Information on Senior's Farmers' Market

(Sedgwick County, Kansas) – Kansas will receive federal funding to help many older adults in the state enjoy fresh fruits, vegetables and herbs from farmers' markets this year.

Low income seniors in Sedgwick County, (along with Douglas, Johnson, Riley, Shawnee, and Wyandotte counties) will be eligible to participate in the first-time nutrition effort.

Thanks to a U.S. Department of Agriculture grant, the senior farmers' market nutrition program will provide \$30 worth of check-like coupons that can be exchanged from June to September for locally grown fresh fruits, vegetables and herbs at participating farmers' markets. Coupons will be distributed through the Commodity Supplemental Food Program (CSFP), The Emergency Food Assistance Program (TEFAP) and Older Americans Act Congregate nutrition programs.

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Nutritionists recommend eating five or more servings of a variety of fruits and vegetables each day for health. Choosing fresh, seasonal fruits and vegetables from the farmers' markets offers multiple benefits for older adults. In addition to meeting nutritional needs, shopping at a farmers' market can spark shoppers' interest in adding variety to their diet or trying new foods.

Shopping at open-air farmers' markets also can provide social contacts that help older adults stay connected to their community. Getting out to enjoy shopping and interacting with others can be particularly beneficial for people who live alone or have little contact with others.

"Farmers' Markets are a great way for seniors to enjoy fruits and vegetables that are grown in their own community," said Sedgwick County Commission Chairman Tim Norton. "This is a great opportunity to promote healthy nutrition for our older adults."

For more information about the Senior Farmer's Market Nutrition Program or other services for older adults in Sedgwick County contact the Sedgwick County Department on Aging at (316) 660-5120.

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